

MAY 2010



Department of
CITIZEN SERVICES
OFFICE ON AGING

THE BAIN CENTER



5470 Ruth Keeton Way
Columbia, MD 21044
Office, 410-313-7213
Fax, 410-313-7465
Senior Center Hours
Monday—Friday
8:30 a.m.—4:30 p.m.

Website:

www.howardcountyyaging.org
baincenter@howardcountymd.gov

It's a great day in the Bain Neighborhood!



April is Anniversary Month as the Bain Center celebrates our 27th year.

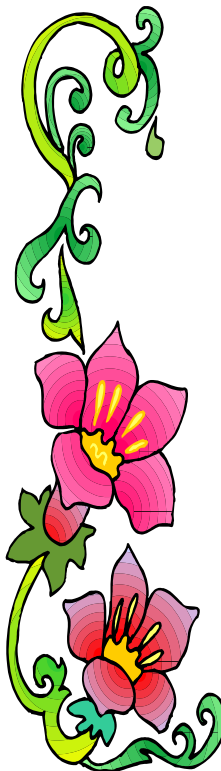
We would like to thank all of our Bain Center members for continuing to make the Bain Center a great place to

gather, share a meal, make friends, be entertained and to learn new skills. Our hope is that they continue to enjoy a full and dignified experience at the Bain Center for many years to come.

Pictured here are a few of our 20 plus year members who we caught up with. Sitting from left to right; Betty Petrogallo, Evelyn Ditingo, Delores "Jackie" Dunphy, and Ellen Carr. Standing from left to right: Fred Petrogallo, Will "Luther" Williamson, Edward Joell and Earl Woods.

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We'd like to take a moment to wish our Assistant Director, Barbara Gumpert, all the best as she moves on into the next chapter of her life. Although I have only worked with Barbara for just over 4 months, I am grateful for her many talents; the quality of her work; her professionalism; and most importantly, her dedication to the seniors and staff here at the Bain Center.

Barbara is well respected and valued by all. I think I speak for all of us in saying that it has been a real pleasure working with her. The Bain Center has been fortunate to have had someone as caring and committed.

You will be missed, Barbara.
Linda Ethridge, Director

DAILY SCHEDULE

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| MONDAY | PROGRAM | ROOM |
|-----------------|-------------------------------------------------|---------------------|
| 8:30-4:15 p.m. | Billiards | Billiard Room |
| 9-4:15 p.m. | Senior Health Insurance Program (SHIP) | SHIP Office |
| 9-noon | Woodshop (Guild Members Only) | Woodshop |
| Noon | Lunch | Great Room 3 |
| 9-9:40 a.m. | Laughter Club (Recreation and Parks) | Great Room 1 |
| 9-noon | Project Linus | Great Room 2 |
| 9:30- 11 a.m. | Better Health and Wellness | Exercise Room |
| 10-noon | Quilting Group (1st, 2nd,& 4th weeks the month) | Quiet Lounge |
| 10-noon | SPRING Currents | Community Room |
| 11:15-noon | Drop-in Tai Chi | Great Room 1 |
| 11:30- 1p.m. | APA-Stroke Exercise | Exercise Room |
| Noon-12:20 p.m. | Lunch | Great Room 1 |
| 12:30-2 p.m. | SPRING Boards | Meeting Room |
| 1-4:15 p.m. | Korean American Senior Association | Great Rooms 1 and 2 |
| 2-3 p.m. | Urban Line Dancing | Exercise Room |

New Evening Classes



Zumba Class

Beginning Tuesdays, May 11th—June 29th 6:15-7:15 p.m.

\$45

Exercise and move to the beat of Latin rhythms—fun and easy aerobic workout. Please dress in comfortable exercise clothing and wear athletic shoes.

The Art of Belly Dance

Beginning Thursdays, May 13- July 1, 6:15-7:15 p.m.

\$45

Explore the art of belly dance. This energetic movement gives a full-body workout and will tone you from your biceps to your calves.



Register at the Bain Center by May 7.

DAILY SCHEDULE

3

| TUESDAY | PROGRAM | ROOM |
|------------------|-------------------------------------------|----------------|
| 8:30-4:15 p.m. | Billiards | Billiard Room |
| 8-4:15 p.m. | Senior Health Insurance Program (SHIP) | SHIP Office |
| 8-noon | Woodshop (Guild Members Only) | Woodshop |
| 8:30-1:45 p.m. | Drop-in Cards and Games | Activity Room |
| 9:15-10:15 a.m. | PACE | Exercise Room |
| 9:45-11:45 a.m. | Drop-in Scrabble | Activity Room |
| 10-11 a.m. | Wii (Recreation and Parks) | Lobby |
| 10-11:30 a.m. | SPRING Insighters | Meeting Room |
| 10-noon | Pottery | Craft Room |
| 10-noon | Cultural Connections (2nd & 4th Tuesdays) | Great Room 1 |
| 10-11 a.m. | Book Club (4th Tuesday) | Community Room |
| 10:30-11:30 a.m. | Silver Belles (tap dancing) | Exercise Room |
| 11:45- 1 p.m. | APA-Stroke Exercise | Exercise Room |
| Noon-12:20 | Lunch | Great Room 3 |
| Noon- 4 p.m. | Duplicate Bridge | Activity Room |
| 12:30-2 p.m. | SPRING Insighters | Meeting Room |
| 1-2:30 p.m. | Better Health and Wellness | Exercise Room |
| 1:30-3:30 p.m. | Painting II | Craft Room |
| 3-4 p.m. | Sittercize | Exercise Room |
| 6:15-7:15 p.m. | Zumba Exercise Class | Great Room 1 |

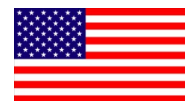
"Say Cheese!"

Get Your New Photo Membership Card

Stop by any of Howard County's Senior Centers to receive your new membership card. It's free and this card will enable you to register for programs, classes and special events at all Centers. By June 1st, you will even be able to register on-line for the summer cycle of classes in ActiveNet, our new registration program. You can see what is being offered at the Centers <http://activenet12.active.com/howardcounty/>. While membership cards are free, there is a replacement card cost of \$5.

**The Bain Center
is**

**CLOSED
Monday, May 31 for
Memorial Day.**



| |
|-----------------------|
| DAILY SCHEDULE |
|-----------------------|

| WEDNESDAY | PROGRAM | |
|-----------------|----------------------------------------------|-----------------------|
| 8:30-4:15 p.m. | Billiards | Billiard Room |
| 8-4:30 p.m. | Senior Health Insurance Program (SHIP) | SHIP Office |
| 8-Noon | Woodshop (Guild Members Only) | Woodshop |
| 9:30-10:45 a.m. | Better Health and Wellness | Exercise Room |
| 9:30-11:30 a.m. | Bingo | Activity Room |
| 9:45-11:15 a.m. | Chorus | Great Room 2 |
| 10-11:30 a.m. | SPRING Honeybees | Meeting Room |
| 10-11:30 a.m. | English as a Second Language | Pantry/Community Room |
| 11 a.m.-noon | Yoga | Exercise Room |
| 11:30-3:30 p.m. | Goldenaires (call the front desk to confirm) | GR1 |
| 12-4:15 p.m. | Drop-in Poker | Pantry |
| 12:30-2 p.m. | Alcoholics Anonymous | Conference Room |
| 1-3:30 p.m. | Painting I | Craft Room |
| 1-4:00 p.m. | Drop-In Chess | Activity Room |
| 1-4 p.m. | Drop-in MahJongg | Activity Room |
| 2:30-3:30 p.m. | Tai Chi | Exercise Room |

MARK YOUR CALENDAR!!

Older Americans' Day

"Salute to Summer"

Ten Oaks Ballroom

May 25th, 10:30 a.m.-1 p.m.

Tickets \$10

Featuring "Cool" jazz by the

Big Blues Band



Senior Art Exhibit



May 24th-June 11th
Exhibit

May 27th , 7-9 p.m.
Reception at Bain
Free

DAILY SCHEDULE

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| THURSDAY | PROGRAM | ROOM |
|------------------|----------------------------------------|-----------------|
| 8:30-4:15 | Billiards | Billiard Room |
| 8-4:30 | Senior Health Insurance Program (SHIP) | SHIP Office |
| 8-noon | Woodshop (Guild Members Only) | Woodshop |
| 9 a.m. | APA | Exercise Room |
| 9:30-11:30 a.m. | Drop-in Pinochle | Activity Room |
| 10-noon | Blood Pressure (1st and 3rd Thursdays) | Health Room |
| 10:30-11:30 a.m. | PACE | Exercise Room |
| 12:30-2 p.m. | SPRING Brain Teasers | Meeting Room |
| 1-2:30 p.m. | Better Health and Wellness | Exercise Room |
| 1:15-3:45 p.m. | You Can Draw and Paint | Craft Room |
| 1-3 p.m. | Drop-in Scrabble | Activity Room |
| 1-4 p.m. | Drop-in Cards and Games | Pantry |
| 3-4 p.m. | Sittercize | Exercise Room |
| 6:15-7:15 | Belly Dance Class | Exercise Room |
| FRIDAY | PROGRAM | ROOM |
| 8:30-4:15 | Billiards | Billiard Room |
| 9-4:30 | Senior Health Insurance Program | SHIP Office |
| 9-noon | Woodshop | Woodshop |
| 9:30-10:45 | Better Health and Wellness | Exercise Room |
| 10-11:30 | SPRING Trenders | Conference Room |
| 10-11:30 | Spin a Yarn/Drop-in Knitting | Lounge |
| 10-noon | Music Appreciation | Activity Room |
| 11-1 | Musicares | Great Room 1 |
| 11:30-1 | APA | Exercise Room |
| Noon | Lunch | Great Room 3 |
| 12:45-3 p.m. | Drop-in Rummikub | Activity Room |
| 1:15-2:30 p.m. | Drop-in Line Dancing | Exercise Room |
| 3-4 p.m. | Sittercize | Exercise Room |

SENIOR CENTER STAFF

Linda Ethridge, Director, 410-313-7468
 Barbara Gumpert, Asst. Director, 410-313-7469
 CC Cirezz, Facilities, 410-313-7464
 Sharon Ford, Finance & Rentals, 410-313-7462
 Fatina Galloway, Nutrition Program, 410-313-7390
 Madaline Murfree, Registration, 410-313-7213
 Dot Sinha, Registration, 410-313-7270

HEALTH AND WELLNESS

Judi Bard, Arts/Intergenerational 410-313-7460
 Lauren Diener, 50+ Expo Coordinator & Health Promotions, 410-313-7467
 Karen Hull, Coordinator Mental Health/SPRING, Coordinator, 410-313-7466
 Elaine Widom, SPRING Assistant, 410-313-7283
 Tricia Summers, Pets on Wheels, 410-313-7390

SENIOR HEALTH INSURANCE PROGRAM

Jeanette Krapcho, Coordinator, 410-313-7391
 Bunny Garber, 410-313-7389
 Jim Harkness, 410-313-7596
 Dave Landis, 410-313-7386

MARYLAND ACCESS POINT

Ginny Matthias, 410-313-7288
 Sunny Moon, 410-313-7388

RECREATION AND PARKS 410-313-7311

The Bain Center Council

The Bain Center Council is a non-profit advisory and fundraising organization that supports the programs and operation of our center. The members of the Council represent YOU! They welcome your suggestions and comments. Feel free to contact Malcolm Wolf, Council President, or any Council member:

Tina Cole
 Jackie Dunphy
 Jean Evans
 Selma Meckler
 June Mikulis
 Su Patterson
 Priscilla Pitts
 Clyde Pyers
 Shesh Shastry
 Seiko Shields
 Rita Sloan
 Malcolm Wolf
 Barbara Woodard
 Albertha Workman

**Many Bain programs are made possible by grants
 from the Bain Center Council.**

NOTEWORTHY

60+ WILLS AND SCREENING

On Wednesday, May 19 from 1 p.m.-4 p.m., Attorney Thomas Burns will be at The Bain Center, 5470 Ruth Keeton Way, Columbia, for the 60 Plus Wills and Legal Screening Program. Services include simple wills, powers of attorney, living wills, small estates and deed changes. The program is open to Howard County residents over age 60. Cost of document preparation depends on individual or couple's income. **An appointment is required.** Please note that because of the demand for services, appointments often must be scheduled one or more months in advance. For questions or to schedule an appointment, call 410-313-7213.

This program is available the third Wednesday of every month.

Sponsored by the Howard County Department of Citizen Services, Office on Aging.

A MATTER OF BALANCE

Tuesdays, 9-11 a.m.

May 18-July 6 and September 7-November 26

\$24

This evidence based program is designed to help you manage concerns about falling and increase your physical activity level. The program can improve your quality of life and help you to remain independent. A workbook and refreshments are provided.

Program is 8 weeks.

Register at the Bain Center.

WOMENFEST

Strong-Savvy-Sage...

A wellness event for women!

Wednesday, June 16

10 a.m.- 2 p.m.

Free

Glenwood Community Center, 2400 Route 97, Cooksville, MD

An event for all things woman...Join us for a fun, interactive day that focuses on health, wellness, fashion and beauty. Seminars, demonstrations, speakers, exhibitors, health screenings, and more!

Reserve your gourmet box lunch and bus transportation by calling Bain Center by June 9, 2010, 410-313-7213. Suggested lunch donation for attendees over 60 is \$3.00; lunch is \$6.00 for all others.

MAY PROGRAMS

DO YOU NEED SPECIAL ACCOMODATIONS?

If you need accommodations to attend any event at the Bain Center, please contact the Center one week prior to the event at 410-313-7213.

Broken Promises and Compromise: From the Articles of Confederation to the Constitution

Mondays, May 3-24, 1-3 p.m.

\$49

How did the founding fathers create the U.S. Constitution? This topic and more will be examined.

Registration information for this Howard Community College class is available at the Center.

May Tuesday Café

Arte Flamenco

Tuesday, May 4, 11 a.m.

Free

Arte Flamenco will present the music and dance of Spain. The company uses live musical accompaniment. You will be both entertained and educated.

Designing Patio Pots

Wednesday, May 5, 10-11 a.m.

Free

Learn design ideas for your flowering plant pots for the patio; which plants, colors and shapes to combine and which like sun or shade.



Plant Sale

Thursday, May 6, 10 a.m.-2 p.m.

Our annual spring plant sale is brought to you by Emerge, a local non-profit agency that serves individuals with disabilities. Come choose from a lovely assortment of flowering annuals at reasonable prices. Just in time for Mothers' Day! Refreshments available.

Movies at Bain

Thursday May 6, 10 a.m.-noon

Free

Based on a turn-of-the-century novel by E.M. Forster, *Room with a View* is a light romantic drama about Edwardian manners. Beautiful scenery and fine acting. Talented cast includes Helena Bonham Carter, Maggie Smith, Judi Dench and Daniel Day-Lewis. (1986, NR)

Assistive Telephone Information

Thursday, May 6, 10:30 a.m.-1 p.m.

Free

Meet staff from Maryland Relay and Maryland Accessible Telecommunications for information on free public services and free assistive devices that help people remain independent in using the telephone.



Women Composers of Flute Repertoire

Friday, May 7, 1-2:30 p.m.

Free

This is the third in a series of lecture/recitals given by the Dahlia Flute Duo which demonstrate the relevance of classical music of to the humanities. Dessert reception follows. Advanced registration required.

Spring Jewish Film Series

Tuesday, May 11, 10:30 a.m.-noon

Free

Match and Marry is a documentary that gives a fresh look into the ancient tradition of matchmaking in the Orthodox Jewish community. This program is co-sponsored by Cultural Connection. Call 410-313-7213 to register.

MAY PROGRAMS

Preakness at the Bain Center

Wednesday, May 12, , 11 a.m.-1 p.m.

Special Preakness Lunch

Preakness hat contest! First and second prizes for best hat. Men and women welcome. Virgin Black Eyed Susans and Preakness cookies.



May Baskets

Tuesday, May 25, 10:30 a.m.-1 p.m.

\$15

In the spirit of Annapolis' spring tradition to decorate doorways with flowers, *Della Blooms* will help you create a basket filled with green and flowering plants suitable for indoor and outdoor use. This program is partially subsidized by Engage! our lifelong learning series. Space is limited. Advance registration required.

May Arts Showcase

Wednesday, May 13, , 11 a.m.

\$4

Brian Rudolph returns to entertain us with his wide selection of familiar tunes. Don't miss out on the fun program.

Book Club

Tuesday, May 25, 10:30-11:30 a.m.

Unaccustomed Earth

Jhumpa Lahiri

Join our interesting book discussions.



Council Dance

Friday, May 14, 1:30-3:30 p.m.

Dance for a Donation



The Good Timers Trio entertain for our dancing and listening pleasure. Wonderful refreshments.

Chorus Recital

Wednesday, May 19, 10:30-11:30 a.m.

Free

Our very own chorus, a collaboration with Howard Community College, performs their annual spring concert with an appealing variety of musical songs and styles.

Musical Interlude

Theremin Concert

Friday, May 21, 1 p.m.

The Theremin is an early electronic musical instrument controlled without contact from the player. It is associated with a very eerie sound which has led to its use in movie soundtracks. Arthur Harrison will demonstrate this fascinating instrument.



Midday Movies

Amreeka

Thursday, May 25. 1 p.m.

Free

Amreeka is a film about a mother and son who flee from their Palestinian home to find a better life in the United States. The story is said to be about hope, adventure and optimism without being overly sentimental.

Fireside Chat

Thursday, May 27, 10:30-noon

Author Steve Luxenberg presents

"Annie's Ghost"

See details of this fascinating story on Page 11 under SPRING Highlights.
Call 410-313-7390 to reserve a kosher lunch.

JUNE PROGRAMS



June Tuesday Café

Jed Duvall as Elvis!

Tuesday, June 1, 11 a.m.

Free

This program is made possible by a Bain Center Council grant.

Book Sale

Tuesday, June 15

9 a.m.-3 p.m.

Free

If you love to read and can't pass up a good deal, stock up for your vacation reading here. Book donations will be accepted beginning May 15.

Foreign Film and Lunch

Friday, June 4, 10 a.m.-1 p.m.

Good Bye Lenin! is a widely praised comedy set in East Germany in 1989. This quirky family saga tells the story of a woman who falls into a coma just as the Berlin Wall is about to come down. When she awakes, her son goes to great lengths to keep the truth about her country's reform a secret. Program includes a German luncheon. Deadline to reserve is May 28.

Musical Interlude

Friday, June 18

4 p.m.-6 p.m.

Free

Save the date to enjoy fine jazz with the Jordan Feldman Trio. Hors d'oeuvres reception at 4:00. Sponsored by Brighton Gardens Assisted Living. Advanced registration is required.

Musical Interlude

The Young at Heart Quartet

Friday, June 18, 4-6 p.m.

Free



The Young at Heart Quartet plays swing standards from the 1930's-60's, as well as some Latin tunes and ballads. This group comes highly recommended! Hors d'oeuvres begins at 4pm; program begins at 5 p.m. Sponsored by Brighton Gardens Assisted Living.



June Arts Showcase

Presidents and their First Ladies, Dramatically Speaking

Tuesday, June 22

Program Begins 11 a.m.

Lyndon and Lady Bird Johnson

You've heard of the term "whirlwind courtship"? You will see exactly what that means in the story of Lyndon and Lady Bird.



SPRING Highlights

May 2010

FIRESIDE CHAT

Thursday, May 27, 2010

10:30a.m. – 12:00p.m.

Author Steve Luxenberg presents
“Annie’s Ghosts”

Washington Post associate editor and award-winning author Steve Luxenberg will discuss his recent book, “Annie’s Ghost”. Steve’s acclaimed book is part detective story, part social history, and part memoir that recounts his mother’s decision to hide the existence of a disabled sister and the times in which the two women lived. The book has been featured on NPR’s *All Things Considered* and *The Washington Post* recently named it as one of Best Books of 2009.

FREE. Sponsored by SPRING.

GOOD-BYE WE’LL MISS YOU

With mixed emotion, SPRING says so long to facilitator Jim Harkness. Last month, our friend and colleague moved to Carroll Lutheran Village with his wife Faith. Jim has been a dedicated facilitator for several years, leading short-term “*Getting IT-Together*” groups, providing outstanding training, and giving presentations at SPRING seminars and conferences. In addition, he worked on implementing the SPRING outreach plan and was a member of the strategic planning group. His generous, thoughtful insight has helped SPRING grow. Thank you for your service and support, may this next journey be relaxing and joyful.

UPCOMING EVENTS

A MOMENT TO HONOR

Tuesday, June 1, 1:30–2:30pm

The Bain Center

An event to honor and remember the significant people in our lives no longer with us. The program includes a short presentation and a group commemorative activity designed to provide a healthy, meaningful time to remember and celebrate. This event is open to everyone.

Light refreshments served. **FREE.**

SPRING WELLNESS SEMINAR IV: “WHEN THE UNEXPECTED HAPPENS”

Thursday, June 30, 2010

4:00 p.m. – 6:00 p.m.

FREE

Our fourth seminar will look at basic caregiver skills needed for the short-term illness of a loved one. It will cover physical and emotional needs, communicating with the health provider team, environmental needs, and caregiver self-care. A copy of “*A Guide for Family Caregivers*” will be provided to all participants. Light refreshments served. Registration deadline: 6/25/2010.

SPRING Luncheon: Hunan Manor

Thursday, July 8, 2010 11:30a–1:30p

Join us at Hunan Manor! Lunch will be served family style and includes: Spring Roll; Honey Sesame Chicken; Sweet & Sour Shrimp; Double Cooked Pork; Beef with Mixed Vegetables; Supreme Crispy Eggplant; steamed/fried rice; California orange slices and a fortune cookie; and hot tea/ice water. \$15.00/pp. Reservation deadline: 7/02/2010 (firm).

For more information about SPRING, contact Karen Hull, 410-313-7466/khull@howardcountymd.gov, or Elaine Widom, 410-313-7283/ewidom@howardcountymd.gov.



SPRING Peer Support Groups

SPRING groups are typically held weekly and may be continuous or time limited. Each group provides a confidential, comfortable place for men and women with similar interests and concerns to meet and share their concerns, insights and ideas. All groups are lead by trained, senior peer facilitators.

Become a part of the unique experience of **SPRING**! "I can't wait 'til Thursday to come to my group meeting," said one new participant at the Bain Center. "I look forward to it all week." Always call the Bain Center (410-313-7213) ahead in case there is a cancellation, time change or other delay. For more information on the groups, please call Karen Hull, 410-313-7466 or email: khull@howardcountymd.gov

Bain Center SPRING Support Groups Schedule as of MAY 2010

| DAY | GROUP NAME | FOCUS | TIME |
|---------------------|---------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-----------------------|
| MONDAY | SPRING Currents (Community Room) | Current Events Discussion | 10:00 a.m. |
| | SPRING Boards (Meeting Room) | Social Group Sharing Memories & Life Experiences | 12:30 p.m. |
| TUESDAY | SPRING Insighters | Living independently with low vision (both groups) | 10:00 a.m. |
| | SPRING NUA Insighters (Meeting Room) | | 12:30 p.m. |
| WEDNESDAY | SPRING Honeybees (Meeting Room) | Coping with Diabetes NOTE: This group is currently on hold, please call first for current status) | 10:00 a.m. |
| THURSDAY | SPRING Brain Teasers (Meeting Room) | Challenge Your Brain | 12:30 p.m. |
| FRIDAY | SPRING Trenders (Conference Room) | Friendly, Open-minded Discussion | 10:00 a.m. |
| AS SCHEDULED | SPRING Decorators | Work together on decorations for events | Call: 410 313-7283 |



www.computerseniors.org
410/336-5878

COMPUTER CLASSES OFFERED AT THE BAIN CENTER

MAY - JUNE 2010

ADVANCE REGISTRATION AND PAYMENT REQUIRED: CENTER'S INFORMATION DESK, 410/313/7213

- ❖ **Introduction to Personal Computers for Personal Computers for Beginners**, \$30 fee
"If you know nothing or very little about the personal computer, this is the course to start with"
 - May 12 & 13 (1-3pm)
- ❖ **Introduction to Personal Computers for Intermediate-Level Users**, \$30 fee
"After the Beginners course, this is the next one to take; or if you are somewhat familiar with Windows but have never had any classes in Windows, this course is a GREAT review"
 - May 26 & 27 (1-3pm)
- ❖ **Internet I: Introduction to the Internet and E-mail**, \$30 fee
"This course will get you comfortable with surfing the internet and sending e-mail in only 4 hours; come on and join cyberspace"
 - June 2 & 3 (1-3pm)
- ❖ **Internet II: Advanced E-mail**, \$30 fee
"Internet I introduced you to the basics of email, now the good stuff"
 - June 14 & 15 (1-3pm)
- ❖ **Introduction to Word Processing**, \$30 fee
"Want to write a letter, create a flyer or other kind of document, then this course will take you through the basics of Word Processing"
 - May 19 & 20 (9-11am)
- ❖ **Advanced Word Processing**, \$30 fee
"This course is for those of you who want to learn the power of a Word Processor"
 - none
- ❖ **Photo 1: Basic Digital Photography**, \$30
"Do you want to learn the basics of digital cameras and how to use a free image editing program? Then this is the course for you"
 - June 7 & 8 (1-3pm)
- ❖ **Photo 2: Image Editing using Adobe's Photoshop Elements Version 5**, \$30 fee
"Learn the basics of a very powerful & comprehensive image editing program"
 - Watch this space for future dates!
- ❖ **How to Make Greeting Cards, and more, Using your Computer**, \$30 fee
"Our instructor will teach you how to make greeting cards, posters, brochures, business cards and a whole lot more; and as a bonus, you will leave with a copy of the software"
 - June 16 & 17 (9-11am)
- ❖ **PC Maintenance**, \$15 fee
"Need to find out how to tune up your PC or how to save your important data? Well, this is the class to sign up for"
 - June 24 (9-11am)
- ❖ **Buying and Selling on eBay**, \$30 Fee
"You've heard of eBay, now you can learn how to use it to sell the treasures in your closets, ... or even how to purchase more stuff for pennies on the dollar"
 - none
- ❖ **Microsoft Access**, \$30 fee
"Learn how to create a database to automate many of those day-to-day tasks"
 - May 17 & 18 (1-3pm)
- ❖ **Skype for Phone and Video Calls**, \$15 fee
"Learn how to use Skype to send text messages, voice, and video using a webcam over the Internet. See and talk to your family members for free using your home personal computer."
 - June 28 (1-3pm)
- ❖ **Open Lab & Q&A sessions**, no fee, advance registration requested
"Practice makes perfect and help is always free!"
 - 1st and 3rd Fridays of the month, 1 - 3pm (May thru December)

Howard Community College Classes at The Bain Center

CLASSES IN PROGRESS

BETTER HEALTH AND WELLNESS

CHORUS

MUSIC APPRECIATION

PAINTING I AND II

POTTERY

RETURNING CLASSES

MUSIC APPRECIATION

This class will be music to your ears! The instructor shares his vast knowledge of the music of the master composers of 18th, 19th and 20th century western music.

FRI 10:00 – 12:00, MAY 28 – JUL 30

#9937 XI 656 7697

\$30 SENIORS, \$70 PERSONS UNDER 60

POTTERY: FORM, FUNCTION AND DESIGN

The instructor welcomes students of all levels in this class. Shape your own creations as you work on a variety of projects. Learn about glazing, hand building and advanced decorating techniques.

INSTRUCTOR: DONNA LANSMAN

TUES 10:00 – 12:00, MAY 25 – JUL 27

#9936 XI 655 7690

FRI 10:00 – 12:00, MAY 28 – JUL 30

#0813 XI655 7691

\$30 SENIORS, \$80 PERSONS UNDER 60

THE T'AI CHI EXPERIENCE

Discover the benefits of T'ai Chi, a form of active meditation that promotes calming, centering and self-control. Instructor will introduce you to this ancient practice that combines meditation and carefully coordinated natural movements to strengthen your body and mind and improve your balance. This session is designed for mature adults who want to enjoy better physical and emotional health, increased longevity and inner peace.

INSTRUCTOR: DAVID FOULK

#6764 XE682 7738

WED 2:30 – 3:30, MAY 19 – JUL 7

\$55

NEW

BROKEN PROMISES AND COMPROMISE: FROM THE ARTICLES OF CONFEDERATION TO THE CONSTITUTION

How did the founding fathers create the U.S. Constitution? These topics and more will be examined: the country's economic and social conditions; the 1787 Philadelphia convention; key compromises between the North and the South, between large and small; the issue of slavery.

INSTRUCTOR: ROGER SWARTZ

MON 1:00 – 3:00, MAY 3 – MAY 24

#1020 XI 130 7712

Cost: \$49

REGISTRATION INFORMATION IS AVAILABLE AT OUR FRONT DESK

MAY 2010 Menu

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| Monday, May 3 | Tuesday, May 4 | Wed, May 5 | Thurs, May 6 | Friday, May 7 |
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| Apple Juice BBQ Pork Ribette Rice Green Beans Pumper'l Bread <i>Fruit Cocktail</i> | Split Pea Soup Italian Meatballs w/ Marinara Sauce Tossed Salad Mini Sub Roll Apple Delight | Marn Cuks & On-ions Meatloaf Lyonnaise Potatoes Turnip Greens Cornbread Orange | Dixie Slaw Pulled Chicken BBQ Macaroni Salad Spinach Hamburger Bun Pineapple Tidbits | Lentil Soup Ham w/ Pineapple Sauce Glazed Carrots Broccoli Salad W/W Bread Spiced Apples |
| Monday, May 10 | Tuesday, May 11 | Wed, May 12 | Thurs, May 13 | Friday, May 14 |
| Mediterranean Salad Sliced Turkey Sweet Potatoes Collard Greens Dinner Roll Peach Cobbler | Marn Cuks & On-ions Seafood Salad Green Beans Wheat Bread Citrus Cup | 7 Bean Salad Pork Chop California Blend Pumpernickel Bread Stewed Fruit | Roma Salad Sliced Turkey Mashed Potatoes Peas Cornbread Sliced Apples | Coleslaw Stuffed Peppers Lima Beans Vienna Bread Apricot Halves |
| Monday, May 17 | Tuesday, May 18 | Wed, May 19 | Thurs, May 20 | Friday, May 21 |
| Chix Veggie Soup Knockwurst Baked Beans Confetti Slaw Hot Dog Bun Pineapple Tidbits | LTO Hamburger Patty Carrots Sandwich Bun Mandarin Oranges | Marn Cuks & On-ions Chix Southwest Mexican Corn Kale Dinner Roll Fruit Compote | Split Pea Soup Beef Burgundy Rice Oriental Veggie Salad Marble Rye Piña Colada Delight | Grape Juice Sliced Turkey Mashed Potatoes Mixed Veggies W/W Bread Apricot Halves |
| Monday, May 24 Korean Meal | Tuesday, May 25 | Wed, May 26 | Thurs, May 27 Kosher Meal | Friday, May 28 |
| Hot & Spicy Fish Tofu Kale Steamed Rice w/ Barley & Beans Cabbage Kim chi Rice Punch | Hot Turkey Seven Bean Salad Summer Squash Cranberry Salsa Wheat Bread Milk | Carrot Raisin Salad Roast Beef Mashed Potatoes Kale Rye Bread Sliced Peaches | Meatloaf Mashed Potatoes w/ gravy Mixed Veggies Pumpernickel Bread Fruit Apple Juice | Veggie Soup Tuna Salad LTO Potato Roll Citrus Cup |
| Monday, May 31 | Tuesday, June 1 | Wed, June 2 | Thurs, June 3 | Friday, June 4 |
| Memorial Day Holiday | Pepper Cabbage Chili Cornbread Peach Delight | Lentil Soup Mac/Ham/Cheese Broccoli Salad Dinner Roll Banana | Coleslaw Beef Stroganoff Noodles Italian Veggies Rye Bread Sliced Apples | Pineapple Juice Chicken Diablo Rice Oriental Veggie Salad Pumpernickel Bread Apricot Halves |